

## AQUATIC & FITNESS RECREATION CENTER

# DIVE INTO LEARNING WITH OUR TAILORED SWIM CLASSES!

### **Parent/Child Water Wonders - 4 days, 30mins, \$40**

- For children aged 8 months to 3 years.
- Swim readiness skills in a fun, safe environment.
- Parents learn techniques to support their child's swim journey.

### **Pre-School Splash - 4 days, 30mins, \$60**

- Ages 4-6 or first-time swimmers.
- Fun introduction to the aquatic environment.
- Learn basic aquatic skills and safe water practices.

### **Level 1 - Aquatic Skills Advancement - 4 days, 35mins, \$60**

- Perfect for graduates of our Pre-School class!
- Builds on foundational aquatic skills and concepts.
- Ideal for those ready to take their first swim strokes confidently.

### **Level 2 - Journey to Water Competency – 4 days, 40mins, \$60**

- Develop skills for water competency in a pool environment.
- Introduction to basic swimming strokes.
- Best suited for swimmers who are independent in water, with basic floating and treading skills.

### **Level 3 (4 days, 50mins, \$60)/ Level 4 (4 days, 1hr, \$60) - Stroke Proficiency**

- Enhance your skills in freestyle and backstroke and learn the basics of butterfly and breaststroke.
- Focused on improving stroke technique and efficiency.
- Recommended for swimmers who have mastered Level 2 skills.

### **Club Conditioning – 16 days, 2xweek, 90mins, \$200**

- For swimmers proficient in all 4 strokes: Fly, Back, Breast, and Freestyle.
- Focus on refining techniques and building strength.

### **Pre-Club Prep - 16 days, 2xweek, 90mins, \$150**

- Know the basics? Let's improve!
- Work on technique and endurance for all 4 strokes.



## JOIN US FOR A SPLASH-TASTIC LEARNING EXPERIENCE!

**Dates, Prices, and Register Online:**  
**[www.anchorbay.misd.net/schools/aquatic/](http://www.anchorbay.misd.net/schools/aquatic/)**

